



## Dutch Community News

# Dutch Society *NEERLANDIA*

Official Publication for the Dutch Community in Western Australia



Cura In-Home Care



ANSWA



Dutch Community Radio

Perth WA

July-August 2016

Volume 48 Issue 6



The Saint Rosa Chapel built on top of the Kollenberg in the City of Sittard in the southern Province of Limburg, in the Netherlands. This Chapel was built in 1675 to honour Rosa Lima, who was declared a Saint in 1668. More on this Chapel and the City of Sittard on pages 24-25.



# Social functions calendar & Clubhouse details

**The following upcoming Neerlandia Functions and Events will be organised by Neerlandia at the Rhein Donau Club in Myaree.**

**Important:** The entries below are an indication only of what events are planned during the coming months.

For up-to-date accurate information, **always** refer to the larger advertisements inside this magazine or contact the appropriate person of the Sub-organisation concerned as displayed on page 27.

## **July:**

Sunday 3	<b>"Sunday Drive"</b> (Additional details on page 18)	11am
Wed 6, 13, 20, 27	<b>"Wednesday Card Club"</b> (Additional details on page 27)	10am
Thurs 7, 14, 21, 28	<b>"Thursday Night Card Club"</b> (Additional details on page 20)	7pm
Thurs 7, 21	<b>"Neerlandia Senior's Club"</b> (Additional details on page 10)	10am
Wed 13, 27	<b>"Wednesday Bingo"</b> (Additional details on page 17)	11am
Fri 29	<b>"Maas &amp; Waal Borrel"</b> (Additional details on page 8)	5.30pm

## **August:**

Sunday 7	<b>"Sunday Drive"</b> (Additional details on page 18)	11am
Wed 3, 10, 17, 24, 31	<b>"Wednesday Card Club"</b> (Additional details on page 27)	10am
Thurs 4, 11, 18, 25	<b>"Thursday Night Card Club"</b> (Additional details on page 27)	7pm
Thurs 4, 18	<b>"Neerlandia Senior's Club"</b> (Additional details on page 10)	10am
Wed 10, 24	<b>"Wednesday Bingo"</b> (Additional details on page 17)	11am
Fri 26	<b>"Maas &amp; Waal Borrel"</b> (Additional details on page 8)	5.30pm

## **September:**

Sunday 11	<b>"Sunday Drive"</b> (Additional details on page 18)	11am
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**PLEASE NOTE THERE WILL BE NO MAGAZINE IN AUGUST.**

## **Clubhouse details:**

**Neerlandia is using the Rhein Donau Club for all their activities.**

**Address: 110 North Lake Road, Myaree—6154**

### **Postal Address:**

P. O. Box 200,  
Wembley, W. A. 6913

### **Email:**

[neerlandia@dutchclubwa.com](mailto:neerlandia@dutchclubwa.com)

### **Webpage:**

[www.dutchclubwa.com](http://www.dutchclubwa.com)

**Phone: Contact Committee**

**Members on second last page.**

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# President's Report



## President's Report.

Last week I attended a function, as a guest, of an organization that commemorated Dirk Hartog's landing on his namesake island this year 400 years ago.

At this "Dutch Day", a lot of Dutch migrants were present and

during the festivities it became apparent again how much we enjoy to get together and to be Dutch together. It certainly confirmed once again that we need our Dutch Club in Perth.

I am happy to say that the Dutch Club in Perth has nicely settled into the new premises.

The Wednesday Card Club has 22 playing Members at last count and the Neerlandia Seniors Club recently had 50 Members attending. The Sunday Card Drive is happy welcoming familiar faces returning to the playing tables, whereas Bingo is finally growing as well; the Choir is happy in its new clubhouse too. The Thursday Night Card Club is the only one that is suffering from low attendance - more promotion for this Sub-Club may be needed.

Per 15 June Neerlandia has 340 financial Members which is very reassuring.

The next step for the Dutch Club is to start working at its promotion and marketing, the maintenance of the website - to go out and to network. This takes time and energy but I am certainly looking forward to getting my teeth into this task.

This brings me to the following development that I would like to share with you.

Although I still have a year to go in my current term as President, I feel that it is time to vacate this position to make place for a younger person. Now that everyone is settled into our new premises we have to take the next step - standing still is moving backwards.

Therefore, I am very happy to advise you, that Neerlandia has received a nomination from Eric van Waaienburg to become the next President of the Dutch Club.

In addition, I have nominated as Secretary, to concentrate on the administrative side of running the Club and to concentrate on Promotion and Marketing of the Dutch Society "Neerlandia" while assisting the new President wherever I can.

Eric has been a Neerlandia Member for over four years and he is relatively new to the Committee. However, during his work as Committee Member, he has shown compassion for and interest in the future of the Dutch Club in WA. Eric and his wife

Mariska are active organizers and participants of the Maas & Waal Drinks and their daughters Nikita and Chloe are teaching their young brother Aiden how to be a great help during the Neerlandia functions that they attend.

Eric has innovative ideas and his enthusiasm is enjoyed and recognized by the Committee Members, who fully support Eric as a nominee for President.

In the near future I will introduce Eric to you so that you too can get acquainted with him.

Further in the magazine is an article dedicated to the AGM 2016. With both Nelly Maarssen and Henk Hanemaaijer stepping down at this meeting, we are looking for possible candidates to reinforce the Neerlandia Committee.

Now that the Committee does not any longer have the responsibility and the concern to look after a building, the workload for each Committee Member has certainly decreased, which makes life as a Committee Member so much more attractive.

Neerlandia Committee membership gives you the opportunity to have a say in the direction that your club is going and your work for Neerlandia will lead, to loosely quote from the Gettysburg Address: "That the Dutch Club, of the Members, by the Members, for the Members, shall not disappear from Western Australia".

Nomination forms are available by contacting me and are also printed in this magazine on page 20.

At the time of the magazine going to print, the Committee has not been advised of any progress between the potential purchaser of the building at Cambridge Street and the Town of Cambridge.

Please rest assured that we will keep you up to date on developments.

As this Neerlandia Magazine issue is a double one, I will "speak" to you again in September.

Stay warm, stay well - I'll see you at the Club!

I also hope to greet you at this year's Neerlandia AGM that will be held on **18 September 2016 at 3pm** in the Edelweiss Hall of RDC, 110 Northlake Road, Myaree.

**Lianna Parker,  
President.**

**CONGRATULATIONS!  
THE FOLLOWING PERSON HAS NOW  
JOINED THE  
DUTCH SOCIETY NEERLANDIA  
AS A NEW MEMBER.**

**Mariette Adolfs-Tanneau.**



## STUFF DUTCH PEOPLE LIKE

"Stuff Dutch People Like" is a column written by an Australian correspondent living in the Netherlands.

This amusing column observes the Dutch in their everyday life.

We hope that you enjoy reading Stuff Dutch.

### PINK HOUSES, GREEN HARES AND DUTCH PROSTITUTES.

Guide to Dutchness.



#### This cute little house has quite a history!

Nestled between two other golden-age canal homes, the diminutive *Groen hazengracht 3* was built during the first half of the seventeenth century in the City of Leiden. Leiden is located on the *Old Rhine* (a branch of the Rhine delta) and located some 40 kilometres south of Amsterdam. It turns out our pink little dream house, *Groen hazengracht 3*, was home to a well-known prostitute and madame, who went by the nickname of *Groene Haasje* (little green hare). It was not so unusual for *Groene Haasje* to live in this very canal street as the area, at the time, had been designated a "red-light district" of sorts by city officials. Prostitution in the Netherlands was tolerated by the Dutch in the middle ages, however, it was still seen as a dishonourable profession.

As such, specific areas of the city were designated for sex-workers, to keep "lewd" activities out of plain sight. An example of this attitude can be seen in the 1413 decree from the city of Amsterdam:

⇒ "Because whores are necessary in big cities and especially in cities of commerce such as ours – indeed it is far better to have these women than not to have them – and also because the Holy Church tolerates whores on good grounds, for these reasons the court and sheriff of Amsterdam shall not entirely forbid the keeping of brothels."

The 16th-century saw the rise of Protestantism and a further souring of attitudes towards prostitution. Church and State were no longer separated; sex-work was viewed as a sin and thus punishable by law.

Some Dutch Cities, however, such as Amsterdam, decided against complete prohibition and instead choose to regulate the activities, carving out specific areas of the City reserved for brothels. The 17th-century brought forth a return of the *laissez-fair* attitude of the middle ages, with brothels being left, for the most part, to their own devices.

Hence, our madame at *Groen hazengracht 3* would have been known – and tolerated – by city officials.

#### What's in a name!

Prior to taking on its current name, the canal street



was known as *Jan van Woudengracht*. City records show the name was changed in the late 17th-century. What ever happened to the woman known as *Groene Haasje*? Did she live out her days in Leiden's smallest house? Little is known of her later history, however, it does seem as

though the now pink-painted brickwork is an ode to her colourful past.

Source: Stuff Dutch Like -

<http://stuffdutchpeoplelike.com/>

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*"Being Dutch" is a new column written by Antoinetta. This Dutch lady currently lives with her English husband in Canada and explains to foreigners what it is to Being Dutch.*

*We hope that you enjoy her columns as much as we do.*

## Liquorice.

In The Netherlands, liquorice or "DROP" as the Dutchies call it, boasts the highest per capita consumption in the world. You can find it in every supermarket or shops like the HEMA, drugstores, candy shops, you name it. There is a flavour or type



of drop for every taste from sweet to salty to very salty, hard to soft and it comes in many shapes, sizes and even colours. Probably the most well known ones are "boerderij

drop" (farm animals), "katjes drop" (cats) and "munt drop" (coins), but there are many, many others, the list is endless.

The early Egyptians loved liquorice root and used it in tea as a cure-all concoction. Liquorice was later exported to the Chinese and also became an important herb in their medicinal tradition. The word "liquorice" actually refers to the root of a plant called Glycyrrhiza glabra, which is native to Europe and Asia. In fact, the plant is classified in those areas as a weed.

Liquorice was used for various digestive system complaints including stomach ulcers, heartburn, colic and ongoing

inflammation of the lining of the stomach (chronic gastritis). People also use liquorice for sore throat, bronchitis, cough and infections caused by bacteria or viruses.

The Dutch however, grow up with liquorice and eat an average of 2 kg p.p. per year and therefor they don't understand when they offer a "dropje" to a foreigner, the receiver most likely spits it out in disgust.

Is liquorice unhealthy? When you eat a lot of it in a short period of time it can cause high blood pressure and irregular heart rhythm. As with most things, eating liquorice in moderation should not have any serious health consequences, aside from the added sugar that you'll somehow need to get rid of again.

Source with permission: [www.BeingDutch.com](http://www.BeingDutch.com)



## BoekHoek

Recently, I was pleasantly surprised by movie trailers of a hilarious German movie (with English subtitles).

Looking closer into this, I realized that this movie was based on a German novel. This hilarious story is called "Er ist wieder da" or translated into English the book is called: "Look who's back".

I thought this would be an excellent idea to review this story, as we reside now in the RDC Club House of our friends with a German speaking background.

This German novel is a Hitler satire and tells the story of Hitler coming back to life in our modern society, which of course stills his extreme ideas. The story is full of hilarious moments with Hitler landing in extremely funny situations.

Important questions are also raised in this story. Can Germany and the rest of the world finally put the Nazi time and shame to rest?

But, there is also a warning signal (question); will the world be forever free of (world) leaders with extreme ideas that pose a threat to world peace?

For those who cannot wait to read or see the movie, please see all the five trailers in the following link:

<https://www.youtube.com/watch?v=AtW1Lq5c04E>

Book link:

[http://www.bookdepository.com/Look-Whos-Back-Timur-Vermes-Jamie-Bulloch/9780857054135?](http://www.bookdepository.com/Look-Whos-Back-Timur-Vermes-Jamie-Bulloch/9780857054135?ref=grid-view)

ref=grid-view

**Machiel.**



**For Sale at the M&W Borrel.**




# Ditjes & Datjes

## Borrowing Books.

The library is now open at times that the Dutch Club has its activities. Please help yourself to titles, leave your name on the list so that Mies, our librarian, can keep track of where her books go.

During the Maas & Waal Drinks, you will find a spread of titles on a reading table near the stage. Pick your titles, write your name down and return the books when you have finished reading them. Each Maas & Waal Drinks, Mies will have a different selection of books on the table. This selection is available from 7pm onwards.

## Donating Books.

 We still get offers for donations and we are really happy that the Dutch Community is pro-active. However, due to available space and considering the age groups of our readers, we kindly request you to contact Mies directly on 9342 6076 to discuss if your donation is acceptable and if it is, to arrange a drop off. Your cooperation in this is appreciated.

## Oma's en Opa's gezocht.



Op zaterdag 27 augustus viert LanguageOne, de Nederlandse school in Perth, kinderboekenweek.

Voor die gelegenheid zoekt LanguageOne voorleesopa's-

en oma's. Opa's en oma's die niet alleen Nederlandse boeken kunnen voorlezen, maar ook oude vertrouwde Nederlandse liedjes kunnen zingen.

Alles onder de enthousiaste en professionele leiding van het LanguageOne team.

Wilt u voorlezen en liedjes zingen met 6 - 16 jarige Nederlandse kinderen die in Perth wonen? Neem dan alstublieft contact op met Machteld Irons op: [machteld.ironis@gmail.com](mailto:machteld.ironis@gmail.com) of 0420236633.

## The Dutch Singers.

The Dutch Singers or, "the Choir", have always had a special place within the Neerlandia Community. It is common knowledge that the Choir practices on Saturday mornings but few people realize that the Choir performs nearly once a week in Aged Care Facilities, Retirement Villages and other



Community venues to provide musical entertainment for the residents.

The supply of songs comprises many different languages, hence the name Dutch Singers may be misleading - this choir is truly international.

As mentioned, every Saturday the Choir practices and has done so since 1996, the year that the current choir was founded. Until recently the practice took place at the old Clubhouse in Wembley, where the Members had plenty of space to store their equipment and privacy to practice their repertoire.

Over the months preceding Neerlandia's move to the new premises, it became apparent that the new RDC Clubhouse could not accommodate the Choir on Saturday morning and a new location was found at the Morley Windmills Club.

On a sunny Saturday morning I visited the Choir in their new home and what I saw certainly impressed me. I saw a cozy yet spacious area with chairs, piano and sound equipment easily accessible without the need to set up prior to practice and tidy up afterwards. The new home of the Choir is, in my opinion, the best example of recycling: The tables, the chairs, the decorative tulips made of wood, wall decorations and yes, even the curtains found a new place with the Choir.

The new location of the Dutch Singers is, as one member referred to it, a little piece of Holland - and Perth's best kept secret.

If you are interested in joining this excellent choir, please don't hesitate to contact either Alida on 0417994813 or [alreitzenstein@iinet.net.au](mailto:alreitzenstein@iinet.net.au) or Gerry on 9356 4207 or [gerrycreemers@iinet.net.au](mailto:gerrycreemers@iinet.net.au). The choir is always welcoming men and women with a desire to sing.

**Lianna Parker.**



**Morning coffee at the Choir's new home.**



**Mieke and Vera are happy with the new surrounds.**



# Ditjes & Datjes

**National Seniors Australia Floreat and Districts Branch** dedicated its June meeting to Dirk Hartog and thus organized a Dutch Day. Gerry and I had been involved in the organization and we had been looking forward to an enjoyable and interesting day on the 9th of June. We were not disappointed.



“Dirk Hartog” himself welcomed everyone and it was great to see how many NSA Members had taken the effort to wear something orange. Mr Arnold Stroobach, Honorary Consul of the Kingdom of the Netherlands and Dr Nonja Peters were guest speakers. Arnold presented a truly interesting talk on the development of the Netherlands as a trading nation from the early days of the WOC and the VOC to the international trading nation it now is. Dr Nonja Peters told a very engaging story about the Dutch VOC trading ships which, on their way to the Far East, often shipwrecked on the Western Australian Coast and the influence those mishaps have had on Western Australia as it is today. Nonja also touched on the Dutch immigrants

coming to Australia from the Netherlands post war.

This presentation was of great interest to the listeners yet, as the time was limited, Nonja has been invited to be a guest speaker again.

The morning started with a stirring performance by the Dutch Singers. The harmony of the voices and the choice of songs encouraged the many Dutch present to sing along and make the appropriate arm moves when “Daar bij het kleine café aan de haven” was sung. The audience could not get enough of the concert.

The choir’s performance was soon followed by clog dancing duo Toon and Hanny. The fluency of their moves made it obvious that this couple has years of experience. The dancing finished with “De Drikus man” - the most traditional song and dance that I too, learned at “kleuterschool” (kindy) a few moons ago!

In the vein of Dirk Hartog and his plate, attendees were encouraged to decorate a white plate and change it into a Delft Blue plate. The results were astonishing and Arnold had difficulties choosing the winners. The same occurred when Arnold and I were invited to pick the winners of the Orange Parade - many women and men were dressed in Orange and paraded their attires - again, everyone had put so much effort into this event.

Morning Coffee and Lunch were provided by John Otis and needless to say that the offerings were delectable.

I believe that this Dutch Day was a fantastic promotion for the Dutch Community.

The manner in which Gerry and I cooperated with the committee of NSA Floreat Branch, the presentations of the guest speakers, the performances of both the Dutch Singers and the Clog Dancers plus the food prepared by the Dutch Butcher, have all contributed to a very successful promotion of all things Dutch in Perth.

And we will continue to promote and to market all things Dutch wherever and whenever possible.

**Lianna Parker.**





# The May & June Maas & Waal Borrels

## Hello Medelanders,

An update on the last two Maas & Waal Borrel nights. We have had our drinks on the 27<sup>th</sup> of May and on the 24<sup>th</sup> of June. Both evenings were well visited with a lot of our regular members. We are starting to get excited as on the last couple of Maas & Waal Borrels we are seeing new faces coming to have a look at the Club. This keeps our lovely hostesses (Joyce and Astrid) sharp and on their feet. This is a beautiful



**Joyce and Astrid, our M & W Hostesses are ready to receive newcomers.**



**Lianna introduces first timers Michael, Jill, baby Hendrik & Katrina to the camera.**

alternates "Nassi" and "Bami" dishes in addition to traditional Dutch foods like "Boerenkool Stampot" or "zuurkoolschotel."

And, of course, don't forget the FRIKADELLEN, KROKETTEN and BITTERBALLEN.

Come and join us and if your visit is the very first visit, please make yourself known to hostesses Joyce and Astrid, they will introduce you to the Maas & Waal Borrel.

All this is in cooperation with Chef Rudi, who (we saw at the last MWB) has started selling DUTCH cheeses.

We will keep you all updated in our next magazine.

**Eric van Waaijenburg.**

development which gives us confidence that we are on the right track.

We also have, for the second time around, set up the kids' tables with toys in the middle of the room to keep the smaller kids entertained (and slow them down a bit).

I would like to invite the older kids (8-14) to come and join us and play a board game together with Robert (RDC's Secretary).

Robert has been so kind to play/teach the children a

small selection of board games. Robert normally brings in one or two selected games per night and will then spend some time in the 'OLD HOUSE' to go thru the rules and play the games with the kids.

Robert is normally at the club around 7pm to give the families the opportunity to enjoy a meal together first before the children start playing their games.

A quick update on the 'NEW FORMAT' WINKELTJE: During the June sessions we have spoken to a number of the patrons that regularly come along with regards to a selection of Dutch products that we in the very near future will be presenting at the MWB's. We are currently busily sourcing suppliers and having discussions with the RDC in moving forward and setting up (a very limited) selection of **Dutch** goods that can be purchased at the MWB's.

We encourage you to keep visiting those Friday nights and to enjoy the beautiful food prepared by Chef Rudi. Rudi



**The children kept busy with toys and games.**



**Barry after surgery, is enjoying drinks with his friends.**



**Where are the guys, our delish food is getting cold.**



**Joyce and Astrid our hostesses taking time off to relax.**



# Photos from the May Maas & Waal Borrel



**Presidential candidate Eric, his wife Mariska & Nikita.**



**Vera with her relatives from the Netherlands Chris & Sasha and hubby Tony.**



**Tom & Mies our fantastic Librarians.**



**Good company is all one needs.**



**Being here is a dream.**



**Can't make up my mind what to order.**



**Gerard with his daughters Kate and Ann.**



**It is great to see so many young people attending!**



**We are also enjoying the food and hospitality!**



**German & Dutch Beer, Wine, and our delish food is coming.**



**Gerry and Joost are enjoying a drink at the bar.**



**Machiel with his two sons.**



**Happy faces is what we like to see.**



**Want to learn a few card tricks?**



# Neerlandia Seniors Club (NSC) & In Memoriam

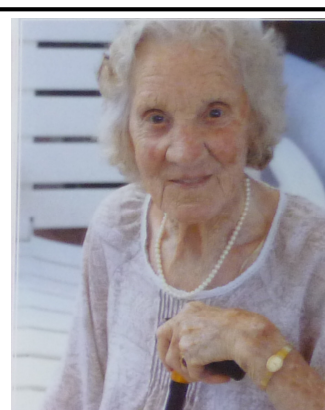
## Neerlandia Seniors Club Events in May & June.

45 Members on Thursday, 26th of May.

36 Members on Thursday, 9th of June.



**In Loving Memory of  
Henny van Heumen & Connie de Jong.**



**Henny** passed away on the 26th of May. Our condolences go to Bill, her husband and their children Ron, Allison, Les, Balinda and Collette. **May She Rest In Peace.**

**Connie** passed away on the 3rd of June. Our condolences go to her children Josie (deceased), Margaret, Joseph and Mark. **May She Rest In Peace.**

**If one of our Members is ill, please make us aware of it, so that we can offer compassion.**



# Members Birthdays in July and August

The following Members will celebrate their birthday during the **month of July 2016**. We wish them all a very **Happy Birthday!**

Joke	Leeflang
Peter	Bles
Con	van der Putten
Janny	Udinga
Bert	Hummel
Janna	Kieneker
Marjorie	Bly
Nellie	Stapelbroek
Meta	Bruining
Peter	Hoonhout
Els	Meyer
Wilhelmina	Spijkers
Ali	Mehdi
Thea	de Koning
Zdenko	Stulcbauer
Lynette	Dijkstra
Mary	Piggott
Judy	Hanemaaijer
George	Cowell
Rob	Bakker
Nelly	Liebregts
John	Schoen
Peter	Rietveld
Inge	van Maanen
Jaap	Spaans
John	De Jong
Paul	Fonck
Eric	van Waaijenburg
Frans	Fikke
Arnold	Giltay
Anne	Neil
Rolf	de Groot
Joyce	Kaya-de Mey
Kees	Swager
John	Lamers
Anne	Heistek
Johanna	van de Peppel
	-Tensen
Adriana	Hutchinson
John	van Gentevoort



The following Members will celebrate their birthday during the **month of August 2016**. We wish them all a very **Happy Birthday!**

Linda Haanskorf - de Jongh  
William Kolbrink  
Arie de Klerk  
Sally Hoedemaker  
Arno Liebrechts  
Erik Loose  
Aart ter Kuile  
Matty Mentz  
Bep Banken  
Ad Zuiderwijk  
Peter Waller  
Trudy Huiting  
Lisa van 't Westeinde  
Angela Lensink  
Henny Yates  
Toon Kamps  
Deanna Vlam  
Frits van Irsen  
Anneke Rombouts  
Martina Koster  
Riet Oorschot  
Nicholas van Zwol  
Camiel van Wichen  
Maaïke Kemner  
Marieke Weerheim



If your birthday is not mentioned or the details are not correct, this means that we have the incorrect data entered in our membership database. Or you may wish that your birthday is not mentioned at all. That can also be arranged. To make changes to the above you need to send an E-mail to the following:  
**Membership Administration.**  
**E-mail address:**  
[neerlandia@iinet.net.au](mailto:neerlandia@iinet.net.au)



# CURA In-Home-Care & the Dutch Language School



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LanguageOne, an expert in high quality, contemporary mother tongue and culture education for more than 30 years. With our programmes we aim to create cultural stability and encourage self-confidence among people living abroad.

LanguageOne Perth offers Dutch language and culture programmes for children and adults. Do you have Dutch roots and are you temporarily living in Perth or raised in Australia? Interested to find out more?

Please contact:  
[www.languageone.org](http://www.languageone.org)  
[facebook.com/languageonePerth](https://www.facebook.com/languageonePerth)  
[perth@languageone.nl](mailto:perth@languageone.nl)  
0061 (0)4 846 17 487

  
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# Wellness Report – The great Sugar Debate

*(There are more and more reports coming out to hammer the concept that saturated fats like butter and cheese are actually good for your health and that sugar is the bad food causing all the troubles. Have we really been conned by vested interest? - Following a report that hammers sugar, Editor)*

## 10 Disturbing Reasons Why Sugar is Bad For You

September, 2013.

Added sugar is the single worst ingredient in the modern diet.

It can have harmful effects on metabolism and contribute to all sorts of diseases.

Following are 10 disturbing reasons why you should avoid added sugar like the plague.

### 1. Added Sugar Contains No Essential Nutrients and is Bad for You.

You've probably heard this a million times before... but it's worth repeating.

Added sugars (like sucrose and high fructose corn syrup) contain a whole bunch of calories with NO essential nutrients.

For this reason, they are called "empty" calories.

There are no proteins, essential fats, vitamins or minerals in sugar... just pure energy.

When people eat up to 10-20% of calories as sugar (or more), this can become a **major** problem and contribute to nutrient deficiencies.

Sugar is also very bad for the teeth, because it provides easily digestible energy for the bad bacteria in the mouth.

### 2. Added Sugar is High in Fructose, Which Can Overload Your Liver.

In order to understand what is so bad about sugar, then you need to understand what it is made of.

Before sugar enters the bloodstream from the digestive tract, it is broken down into two simple sugars... glucose and fructose.

- **Glucose** is found in every living cell on the planet. If we don't get it from the diet, our bodies produce it.

- **Fructose** is different. Our bodies do not produce it in any significant amount and there is no physiological need for it.

The thing with **fructose** is that it can only be metabolized by the liver in any significant amounts.

This is not a problem if we eat a little bit (such as from fruit) or we just finished an exercise session.

In this case, the fructose will be turned into glycogen and stored in the liver until we need it.

However, if the liver is full of glycogen (much more common), eating a lot of fructose overloads



the liver, forcing it to turn the fructose into fat.

When repeatedly eating large amounts of sugar, this process can lead to fatty liver and **all sorts** of serious problems.

Keep in mind that all of this does NOT apply to fruit. It is almost impossible to overeat fructose by eating fruit.

There is also massive individual variability here.

People who are healthy and active can tolerate more sugar than people who are inactive and eat a Western, high-carb, high-calorie diet.

**Bottom Line:** For people who are inactive and eat a Western diet, large amounts of fructose from added sugars get turned into fat in the liver.

### 3. Overloading The Liver with Fructose Can Cause Non-Alcoholic Fatty Liver Disease.

When fructose gets turned into fat in the liver, it is shipped out as VLDL cholesterol particles.

However, not all of the fat gets out, some of it can lodge in the liver.

This can lead to Non-Alcoholic Fatty Liver Disease (NAFLD), a growing problem in Western countries that is strongly associated with metabolic diseases. Studies show that individuals with fatty liver consume up to 2-3 times as much fructose as the average person.

**Bottom Line:** Excess fructose gets turned into fat, which can lodge in the liver and cause non-alcoholic fatty liver disease.

### 4. Sugar Can Cause Insulin Resistance, a Stepping Stone Towards Metabolic Syndrome and Diabetes.

Insulin is a very important hormone in the body.

It allows glucose (blood sugar) to enter cells from the bloodstream and tells the cells to start burning glucose instead of fat.

Having too much glucose in the blood is **highly toxic** and one of the reasons for complications of diabetes, like blindness.

One feature of the metabolic dysfunction that is caused by the Western diet, is that insulin stops working as it should. The cells become "resistant" to it.

This is also known as insulin resistance, which is believed to be a leading driver of many diseases... including metabolic syndrome, obesity, cardiovascular disease and **especially** type II diabetes.

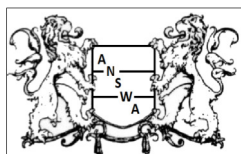
Many studies show that sugar consumption is associated with insulin resistance, especially when it is consumed in large amounts.

**Bottom Line:** When people eat a lot of sugar, it can cause resistance to the hormone insulin, which can contribute to many diseases. *(to be continued)*



*(Copied from the internet and no responsibility is taken for its accuracy. Interested in the concept? Look up the latest research on the web. Editor)*





**ANSWA**  
Associated Netherlands Societies  
in WA

ABN 25 027 905 517

**Patron:** Vacant

**Publisher:** Dutch Society Neerlandia

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President	Anne Rietveld	9301 1936
Secretary	Marjorie Bly	9470 7530
Treasurer	Henry Koldenhoven	0408740680
Vice Chairperson	Dr. Nonja Peters	9389 1521

## DELEGATES:

Culture & Heritage	Nonja Peters	9389 1521
DACWA	Henry Koldenhoven	0408740680
Dutch Community Radio	Karin Eastwood	
Dutch Society Neerlandia	Henry Koldenhoven	0408740680
Fietsen Club	Frank Indrisie	9242 2139
Mandurah Klaverjas Club	Theresa Verdonk	9537 6159
Neerlandia Seniors' Club	Henk Oorschot	9256 1977
Dutch Singers	Alida Reitzenstein	0417994813
Wandelclub "The Dutchies"	Thea Bloks	9446 4867

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***This ANSWA Newsletter endeavours to bring to you the latest news from local sources as well as from the Netherlands with the aim of keeping our Dutch heritage alive and meaningful.***

**If you would like to contribute any articles to the ANSWA Newsletter please contact:**

**ANSWA President: Ann Rietveld**

**Email: [anne.rietveld@smartchat.net.au](mailto:anne.rietveld@smartchat.net.au)**



## Dear Readers,

It is lovely to have some splendid rains to date this year, a great improvement on last year's rainfall. It will be a fantastic boost to our struggling farmers.

Last Thursday the 9th of June 2016 I attended an event to celebrate Dirk Hartog and his country of origin at the Mt

Claremont Community Centre. (Read more about this on page 7)

The event was thoroughly enjoying and entertaining and my congratulations to the organisers, it was great. I was able to meet many friends which I had not seen for many years and remade contact so that I will be able to visit them again.

I have also been asked by Canberra to have the following press release placed in our newsletter, just in case some of us might like to attend some of these functions.

**Anne Rietveld,  
President.**

## PRESS RELEASE:

### Dear friends of Dirk Hartog 2016.

The Embassy of the Kingdom of the Netherlands in Australia kindly asks your attention for a press release about four new Dirk Hartog 2016 projects.

More Dirk Hartog 2016 initiatives.

The Embassy of the Kingdom of the Netherlands in Canberra and the Consulate General in Sydney proudly announce their support to four new Dirk Hartog 2016 projects.



**Dirk Hartog Plate.**

### Art installation Spice Winds at VIVID 2016 [Sydney].

In celebration of our Dirk Hartog year, Dutch-Australian art installation Spice Winds will Light up Circular Quay during Vivid Sydney! This installation is the result of a collaboration between designer teams Studio Toer (NL) and McDermottBaxter (AUS).

Spice Winds uses way finding directional lights and the kinetic energy of wind to pay homage to the early Dutch sailors and their skills in traversing the treacherous seas along the so-called Roaring Forties; strong western winds in the Southern



Hemisphere. Flags of orange direct the lights to illuminate the surroundings and the audience. Spice Winds is supported by Philips and the Dutch Diplomatic Missions in Australia.

[www.dirkhartog2016.nl/news/activities/2016/may/27/spice-winds](http://www.dirkhartog2016.nl/news/activities/2016/may/27/spice-winds)

## **Hartog Commemorative Voyage of the Duyfken to various locations in Western Australia.**



The Duyfken replica will depart Fremantle Harbour in August 2016 to begin its Hartog Commemorative Voyage to Shark Bay. During the voyage Duyfken will visit several ports on the west coast of Australia to

interact with the communities of Bunbury, Mandurah, Hillarys, Jurien Bay, Dongara, Geraldton, and Denham, culminating with the official ceremony at Cape Inscription on Dirk Hartog Island, on October 25, 2016. [www.dirkhartog2016.nl/news/activities/2016/august/30/duyfken](http://www.dirkhartog2016.nl/news/activities/2016/august/30/duyfken)

## **Exhibition "The Dutch Are Coming" in Hobart.**

In 2017 it will be 375 years ago since Dutch explorer Abel Tasman reached Van Diemen's Land, nowadays Tasmania. To connect Dirk Hartog 2016 with the Abel Tasman commemorative year in 2017, the Australian Wooden Boat Festival (AWBF) and the Tasmania Museum & Art Gallery (TMAG) will present an exhibition entitled 'The Dutch Are Coming'. The exhibition presents items connected with the early Dutch explorations in the Southern Ocean and Abel Tasman's journey to Tasmania and New Zealand. 'The Dutch Are Coming' will debut in late 2016 and expand into a major exhibition on 'The Early Dutch Explorers', which will run through the period of the AWBF in February 2017.

[www.australianwoodenboatfestival.com.au](http://www.australianwoodenboatfestival.com.au)

## **Dirk Hartog booklet "Australia".**

In cooperation with senior lecturer in maritime archaeology at Flinders University, Dr Wendy van Duivenvoorde and the Western Australian Museum, the Embassy will release a new publication about Dirk Hartog in October. This free booklet will shine

a light on the life and seafaring adventures of Dirk Hartog as well as his ship, the plate he left behind at Cape Inscription, and other contemporary inscriptions.

## **More information about Dirk Hartog 2016.**

2016 marks the 400th anniversary of the first Dutch contact with Western Australia. On 25 October 1616, Dirk Hartog made landfall with his ship the Eendracht at Cape Inscription, in the Shark Bay area. Visit the Dirk Hartog 2016 website for more information about the anniversary and an overview of upcoming events. For enquiries, please contact the Embassy of the Kingdom of the Netherlands in Canberra, via the cultural affairs and public diplomacy section, tel: + 61 (0)2 6220 9400 or [can-pcz@minbuza.nl](mailto:can-pcz@minbuza.nl)

With kind regards,

**Femke Withag, MA.**

**Policy Officer Cultural Affairs and Public Diplomacy.**

## **Dutch Journeys to the Western Edge**

Free exhibition 24 June – 25 September 2016



**Free Exhibition**  
**DUTCH JOURNEYS**  
**TO THE WESTERN EDGE**  
24 June – 25 September 2016

Members of the Dutch community are invited to an open day at the State Library of Western Australia.

See the exhibition and hear a range of speakers talk about the maritime, military and migrant connections that have linked Western Australia to the Netherlands since Dirk Hartog's landing 400 years ago.

Come and share your photographs and stories about what your Dutch heritage means to you in present day Western Australia.

Sunday 7 August 2016

1:00pm – 4:00pm

State Library of Western Australia  
25 Francis Street, Perth WA 6000

[slwa.wa.gov.au](http://slwa.wa.gov.au)



CMD224/Jun2016





**DUTCH COMMUNITY RADIO INC.  
BROADCASTING ON 95.3FM - 6EBA**

**Panel Operators:** Harry Crijns; Peter van der Wedden; Robert Wegman; Karin Eastwood.

**Announcers:** Bettina Tonkin; Helga Carbone; Freek Bijlsma; Manuel Sessink

**Our Programs.**

The good thing about having three people on rotation producing the weekly programs is that all programs are now very different. Manuel put together a show during the weekend of the Eurovision Song Festival with highlights from many years. It was a very entertaining afternoon and we received some very positive feedback. Peter put a song list together with only recordings that feature Dutch song texts and again the listeners loved it. Karin produced a show honouring Herman van Veen. This unique artist has written an abundance of songs, some very sentimental, some extremely funny, some for children and some absolute golden love songs. This program was also well received amongst our audience. All in all, the Dutch Community Radio is re-branding. We are listening to your wishes and endeavour to make you happy through the music you like to hear.

**Interview with Elly Spillekom.**

On 5 June, we had Elly Spillekom as a guest in the studio and she gave an interesting and humorous insight on her journey organising the "Call of the Sea" Dutch Maritime Art exhibition. Elly is a great role model for many, as she had a dream of organising this exhibition and no matter what came on her way, she was determined to make it a success. The exhibition is held in the Moores Buildings Contemporary Art Gallery until 24 July. Entry is free.

**Thank you Vera.**

Sunday 12 June was another 'Out of the ordinary' broadcast, as Vera Horsten presented her final show for the DCR. Due to her many other commitments, e.g. being on the Board of Management of Cura In-Home Care and the Secretary of the Dutch Singers, Vera had to make the difficult decision to stop her radio work after more than six years. The team of the DCR wishes to thank Vera for her for the many broadcasts she presented and of course in earlier years, the accumulating of the news of the NOS internet and the announcements for the Dutch Community. Vera, take care and we wish you all the best.

**Please help the DCR to continue.**

It becomes monotonous but we still plead to our friends and listeners for donations. Although 6EBA receives some funding, each individual community language radio group needs to pay money for their broadcasts. In the past, most of our listeners paid a yearly donation of \$10 (or more). However, due to natural causes this group is dwindling rapidly. And now our coffers are almost empty. Recently I was talking to a group of young Dutchies and they asked me why they should pay to listen to the radio if they can listen for free on the internet. Well, the answer is simple, if the DCR has to stop broadcasting, there will be no alternative Dutch language program replacing the void. "Please help keeping the DCR bring the programs and our culture heritage to you". All it takes is a donation of \$10, or more, from you to have 52 fantastic broadcasts on your radio for the next year from the DCR.

**What is in it for you?**

If you give a donation to the DCR between now and 19 August, you will automatically go into the draw to win a **Voucher by Little Creatures Brewery in Fremantle for a Beer Master Class for 10 People.**

There are two smaller prizes available which are a bouquet of flowers valued at \$25 and a homemade Dutch apple pie. The draw will be on Sunday 28 August during the broadcast. Information, on how to make a donation, you will find at the bottom of this page. Your kind gift will be greatly appreciated.

There is also the option to become a sponsor of the DCR. In return for a modest amount, you get up to 1 minute of airtime for 3 months, during which you can promote your business or organisation.

Let us hope we can unite you with our music for many years to come.

May the music be with you,

**Karin.**



**Dutch Community Radio.  
DONATIE VOOR DE PERIODE VAN 1 JULI 2016 TOT 30 JUNI 2017**

Naam: .....

Adres: .....

Suburb: ..... Postcode: ..... Telefoon: .....

- ☐ Ik sluit hierbij een cheque in van \$..... als donatie ten name van de Dutch Community Radio Inc, PO Box 200 Wembley WA 6913.
- ☐ Ik maak een bedrag over van \$..... als donatie ten name van de Dutch Community Radio via een bank deposit naar BSB 086-366, Acc. No: 84-706-0850. Mijn achternaam en initialen zijn vermeld als referentie.
- ☐ Ik ga ermee akkoord dat mijn donatie wordt vermeld tijdens de eerstvolgende uitzending.





# Bingo at the Rhein Donau Club in "The Old House"



## B I N G O -WEDNESDAY -B I N G O

Day games only: 13th and 27th of July.  
10th and 24th of August.  
7th and 21st of September.

Game starts at 11 am—Doors open at 10 am.



*For lunch, a bowl of soup with bun, is \$5.— at cost. Coffee/tea/ biscuit free, self help.*

***SO JOIN US FOR A BINGO GAME AT OUR NEW LOCATION IN MYAREE AND EXPERIENCE THE FUN WE ARE ALL HAVING.***



**Bingo Game: Wednesday 1st of June.**  
With 8 players attending, there were a lot of laughs and the prizes were higher too.



**Bingo Game: Wednesday 15th of June.**  
11 players created a lot of excitement and with 4 new players, they really had a ball.

### B I N G O B U L L E T I N.

***From your friendly Bingo organisers.***

Our patience is paying off. The attendance at the Bingo Games are increasing and we are so pleased with that. Our thanks go to those players that kept on coming every fortnight and kept the Game alive. The future looks very promising as you will notice that the photo's above are getting fuller with the **Bingo lovers**. We can see that not before long, extra incentives will come into play, like, when there are **15 or more players, one will play for free.**

**With 16 or more players, the Jackpot will increase a further \$10.-. Exciting isn't!!!!!!**

Mr. Wolfgang Leonhardt, Committee Member of the Rhein-Donau Club, is connected with the German Radio, offered to mention our Bingo Games on their Radio program. **Great!!!** And now Karin Eastwood, of the **Dutch Community Radio**, has confirmed that they will also make the Dutchies aware of our Bingo Games on their Sunday Radio program. **Wow!!**

**With all this happening, why don't you also come along and enjoy a Game of Bingo!!!!**

***Henk Oorschot and Louis James.***

***For further information: Henk on 9256 1977.***



# May Sunday Drive Results & In Memoriam

## Results of the Sunday Klaverjas Drive held on the 5th of June 2016.

Our Sunday drive on the 5<sup>th</sup> June turned out to be a great success. There were 29 attendees including our non-playing treasurer Thea Gorter and two other non-players. This left us with an excess of 2 players. When a request was made for volunteers to share their games with those 2 players, Pieter and Joke Leeftang were happy to share 2 games each, (any prizes would stay in the family anyway) and Barbara Penello kindly offered up 2 of her games. Thanks to the three of you for your kind consideration.



It was a pleasant surprise to welcome back our very hard working past members, Alex and Janny Udinga, who attended for the first time this year and offered Karel and Nelly Bakker the opportunity to be present as well, despite the fact that Karel is unable to play because of poor eyesight.

Another new comer this year was Henk van Veen, who explained that he was able to attend because his dear wife Ella was in hospital. This of course is an unfortunate situation and we wish Ella a speedy recovery.

No doubt the five new comers enjoyed themselves and we trust that they will continue to support our future Sunday drives.

As usual, we started off with a nice cup of coffee or tea and a biscuit while enjoying each other's company, followed by the games being played with great enthusiasm. During the midday break, the chef Rudi had prepared a nicely presented and sumptuous luncheon consisting of two buttered slices of bread covered with a great variety of sliced meats and cheese and some salad and tomato.

On completion of the games, the score sheets were verified and the winners were announced as:



**The Winners: (l.t.r.) Janny Udinga, 2nd prize; Gerda van Noort, 1st prize. The third prize winner Con v. d. Putten was unavailable for a photo as he had to leave early.**

**1<sup>st</sup> prize: \$25 Gerda van Noort 7031 points**

**2<sup>nd</sup> prize: \$15 Janny Udinga 6873 points**

**3<sup>rd</sup> prize: \$10 Con v.d. Putten 6719 points**

Congratulations to the winners and success to all other players at our next Sunday drives, which will be held on *Sunday the 3rd of July, Sunday the 7th of August and Sunday the 11th of September as Father's Day falls on Sunday the 4th of September.*

Hope to see all of you there again,  
**Murray Koedyk.**

## IN LOVING MEMORY

Passed away on the 26th of May.

### Henny van Heumen.

Our sincere condolences to Bill and family from the Neerlandia Seniors Club, the Neerlandia Card Club, the Wandel Club and the Committee and Members of the Dutch Society Neerlandia.

.....  
Passed away on the 3rd of June.

### Conny de Jong.

Our sincere condolences to her family from the Neerlandia Seniors Club and the Committee and Members of the Dutch Society Neerlandia.



**May They Rest in Peace.**



**Karl's Bar is a warm and cosy place to play cards.**





Beautiful new tulip specially created in the Netherlands for Canada's 150th Anniversary.



**CHICK**



**MAGNET**



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**For Sale at the M&W Borrel.**



# Neerlandia's AGM, Sunday 18 September at the RDC

This year, in accordance with our constitution and considering the fact that some Committee Members were appointed mid-term by the Committee, nominations are called for the following positions:

President (one year term).  
Secretary (two year term).  
Vice President (two year term).  
4 Committee Members (two year term).  
2 Committee Members (one year term).

## **Sitting Committee Members and their present status regarding the election:**

**President:** Lianna Parker – not available for re-election as President.  
Eric van Waaijenburg – nominated for election as president (one year term).

**Vice President:** Tony Horsten – available for re-election (two year term).

**Secretary:** Yolanda Strauss – not available for re-election as Secretary.

Lianna Parker – nominated for election as Secretary (two year term).

**Treasurer:** Henry Koldenhoven – one year to go.

## **Committee Members:**

Yolanda Strauss – available for two years.  
Henk Oorschot – available for two years.  
Tilly Stulcbauer – available for two years.  
Gerry Creemers – available for two years.  
Nelly Maarssen – not available.  
Henk Hanemaaijer – not available.

*Lianna.*

## **NOMINATION FOR NEERLANDIA COMMITTEE AT THE 2016 AGM**

I NOMINATE:

Mr / Mrs / Ms \_\_\_\_\_

For the following position:

**President** ( )

**Vice-President** ( )

**Secretary** ( )

**Committee Member** ( )

Signature 1st Proposer \_\_\_\_\_ Membership # \_\_\_\_\_

Signature 2nd Proposer \_\_\_\_\_ Membership # \_\_\_\_\_

**I accept the nomination:**

Signature Nominee \_\_\_\_\_ Membership # \_\_\_\_\_

### **Confirming Eligibility to be nominated as a Committee Member.**

No person shall be entitled to hold a position on the Committee if the person has been convicted of, or imprisoned in the previous five years for:

- (i) An indictable offence in relation to the promotion, formation or management of a body corporate;
  - (ii) An offence involving fraud or dishonesty punishable by imprisonment for a period of not less than three months; or
  - (iii) An offence under Part 4 Division 3 or section 127 of the Act;
- unless the person has obtained the consent of the Commissioner.

No person shall be entitled to hold a position on the Committee if the person is, according to the Interpretation Act section 13D, a bankrupt or a person whose affairs are under insolvency laws unless the person has obtained the consent of the Commissioner.

### **Notes:**

Part 4 Division 3 of the Act requires Committee Members to exercise due care and diligence, to act in good faith and for proper purpose and not for gain in the execution of their duties. Section 127 of the Act describes the duties of Committee Members with respect to the incurring of debt.

**All nomination forms must be in the possession of the Secretary by Friday 28<sup>th</sup> August 2016.**

**Please put the completed form in a sealed envelope, label it "Nomination for Committee" and mail it to:**

**The Secretary.  
Dutch Society Neerlandia.  
PO Box 200.  
Wembley WA 6913.**

# Activities at the Rhein Donau Club

## Some useful information about the Rhein-Donau Club.

The Rhein-Donau Club was established 1958 and has been operational in Perth since 1959 at its present premises in Myaree. The Club has been established with its prime objective to provide a facility for people from Germany, Austria, Switzerland, the Netherlands and other Europeans and residents from Western Australia, who enjoy the culture, music, culinary delights and customs of countries embraced by the two major rivers of Europe; namely Rhine and Danube.

The Rhein-Donau Club is a non-profit, non-denominational and non-political organisation and is operated by volunteers. All money raised are channelled to the maintenance and improvements of the Club facilities, promotion of educational and cultural activities and assist the care of aging club members.



## Welcome to the Rhein-Donau Club!

- We hold regular Saturday night dances with a live band from 6:30pm to midnight.
- German Cuisine and drinks.
- The Club operates a number of very active cultural and sporting groups.
- We hire out our facilities for your private parties, conventions or meetings.
- We hold Oktoberfest every Friday and Saturday in October.

## Social events planned for July at the Rhein-Donau Club.

Saturday 2 July	Club Dance—Step Back	\$10 and \$12
Friday 8 July	Beer Garden Sundowner-DJ	Free
Saturday 9 July	Club Dance-Alpen Duo	\$10 and \$12
Saturday 16 July	50's Rock'n'Roll Night	
	The Yeomen	\$10 and \$12
Saturday 23 July	Club Dance-Aerotec	\$10 and \$12
<b>Friday 29 July</b>	<b>Maas &amp; Waal Borrel</b>	<b>Free</b>
Saturday 30 July	Club Dance-Eurasia	\$10 and \$12
Sunday 31 July	Frühschoppen, Beergarden	Free

## Social events planned for August at the Rhein-Donau Club.

<b>Friday 26 August</b>	<b>Maas &amp; Waal Borrel</b>	<b>Free</b>
-------------------------	-------------------------------	-------------

*Apart from the events mentioned above, the RDC clubhouse is open for drinks and meals at the following times:*

### Bar:

Tue, Wed, Friday	from 6.30pm – 11.00pm
Saturday	from 6.30pm – midnight
Sunday	from 5.30pm – 8.30pm

### Restaurant:

Wed and Friday	from 6.00 – 9.00pm
Saturday	from 6.30 – 10.30pm
Sunday	from 6.00 – 8.00pm

*The Bar and Restaurant are closed on Mondays and Thursdays.*

**For more information on the Rhein-Donau Club and the Restaurant Menu, please visit: <http://www.rheindonaclub.iinet.net.au/>**



## Catholic Shampoo.

Two nuns were shopping at a 7-11 store. As they passed by the beer cooler, one nun said to the other, "Wouldn't a nice cool beer or two taste wonderful on a hot summer evening?" The second nun answered, "Indeed it would, sister. But I would not feel comfortable buying beer, since I am certain it would cause a scene at the checkout stand." "I can handle that without a problem," the other nun replied. Then she picked up a six-pack and headed for the check-out. The cashier had a surprised look on his face when the two nuns arrived with a six-pack of beer. "We use beer for washing our hair," the nun said. "Back at our nunnery, we call it catholic shampoo." Without blinking an eye, the cashier reached under the counter, pulled out a package of pretzel sticks, and placed them in the bag with the beer. He then looked the nun straight in the eye, smiled, and said: "The curlers are on the house."

## The Bagpipes.

As a bagpiper, I play many gigs. Recently I was asked by a funeral director to play at a graveside service for a homeless man. He had no family nor friends, so the service was to be at a pauper's cemetery in the Nova Scotia back country. As I was not familiar with the backwoods, I got lost and, being a typical man, I did not stop for directions. I finally arrived an hour late and saw the funeral guy had evidently gone and the hearse was nowhere in sight.

There were only the diggers and crew left and they were eating lunch. I felt badly and apologized to the men for being late. I went to the side of the grave and looked down and the vault lid was already in place. I did not know what else to do, so I started to play. The workers put down their lunches and began to gather around. I played out my heart and soul for this man with no family and friends. I played like I have never played before for this homeless man. And as I played "Amazing Grace", the workers began to weep. They wept; I wept; we all wept together. When I finished, I packed up my bagpipes and started for my car. Though my head was hung low, my heart was full. As I opened the door to my car, I heard one of the workers say, "I have never seen anything like that before and I have been putting in septic tanks for twenty years."

## Parking Advice.

I pulled into the crowded parking lot at the local shopping centre and rolled down the car windows to make sure my Labrador Retriever Pup had fresh air.

She was stretched full-out on the back seat and I wanted to impress upon her that she must remain there.

I walked to the curb backward, pointing my finger at the car and saying emphatically: "Now you stay. Do you hear me?" "Stay! Stay!"

The driver of a nearby car, a pretty young woman gave me a strange look and said: "Why don't you just put it in 'Park'?"

## Fully Sick Service.

Marty, a little boy, was in church one Easter Sunday with his mother Doris, when he started feeling sick. 'Mummy,' he inquired: 'Can we leave now?'

'No,' his mother replied: 'The service isn't over yet. 'Well, I think I'm about to throw up', Marty announced.

'Then go out of the front door and around to the back of the church and throw up behind a bush,' said Doris.

Within sixty seconds, Marty returned to his pew alongside his mother.

'Did you throw up?' Marty's mum asked quietly.

'Yes,' Marty answered, embarrassed.

'How could you have gone all the way to the back of the church and returned so quickly,' Doris demanded.

'I didn't have to go out of the church, Mummy. They have a box next to the front door that says:

'For the Sick.'

## Retirement.

Yesterday, my daughter e-mailed me again asking why I didn't do something useful with my time. She said that just sitting around and drinking wine is not a good thing.

Talking about my "doing something useful" seems to be her favourite topic of conversation.

She was "only thinking of me" and suggested I go down to the old people's centre and hang out with the guys. I did this and when I got home last night I decided to teach her a lesson about staying out of my business. I e-mailed her and told her that I had joined a parachute club. She replied: "Are you stupid? You are 80 years old, and now you're going to start jumping out of aeroplanes?"

I told her that I even got a membership card and e-mailed a copy to her.

She immediately telephoned me: "Good grief, where are your glasses! This is a membership to a Prostitute Club, not a Parachute Club."

I replied: "Oh dear, I'm in trouble again, I really don't know what to do... I've signed up for five jumps a week." The line went quiet and her friend picked up the phone and said that she had fainted.

*"Life as a senior citizen is not getting any easier, but sometimes it can be a lot of fun."*

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*De Zondag Klaverjas Drives in 2016  
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September.*



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Klaverjassen in de  
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# The historic City of Sittard/Geleen



Flag & Coat of Arms of Sittard.



**Sittard** is a City in the Netherlands, situated in the southern end of the Province of Limburg.

The town is part of the Municipality of Sittard-Geleen and has some 93,400 inhabitants (including those of neighbouring villages Munstergeleen, Limbricht, Einighausen and Guttecoven). The City Center is located at 45 m above sea level.

Sittard lies on the borders with Belgium and Germany and adjoins the municipality of Selfkant (in the state of North Rhine-Westphalia, Germany).

## History:

Archaeological discoveries have dated the first settlements in the Sittard area around 5000 B.C. Present day Sittard is assumed to have been founded around 850 A.D.

It was granted City rights by the Duke of Limburg in 1243. In 1400 it was sold to the Duchy of Jülich, and remained in its possession until 1794.

The City was destroyed and rebuilt repeatedly, due to fires and various conflicts during the 15th-17th century. It was a stronghold until it was once again largely destroyed in 1677, during the Franco-Dutch War. Under French occupation (1794-1814), Sittard was part of the Roer department.

Since 1814, it has been part of the Netherlands, except for the years 1830-1839, when it joined the Belgian Revolution. During the Second World War, it was occupied by the Germans, who incorporated several small municipalities, like Broeksittard, into Sittard. The City was liberated September 18–19, 1944 by the 2nd Armoured Division. The historic part of the City was mostly spared destruction, despite lying in the frontline for over four months, in which over 4000 shells and rockets struck the city. After World War II, Sittard expanded rapidly and many new neighborhoods were built.

The coal mines in the region were the driving force of a booming economy, until they were all closed in the 1960s and 70s. It now has large industrial zones and office premises.



The Historic part of Sittard escaped destruction during the 2nd world war despite heavy shelling.

## Historic Buildings:

Sittard has a small historic City center with numerous architectural monuments, including several old churches (St Peter's, St Michael's, Basilica of Our Lady of the Sacred Heart), monasteries and a



The intimate Market Square has lots of outdoor terraces, which the Dutch love, and as soon as the sun comes out, they are packed by the locals.



# The historic City of Sittard/Geleen



**A very modern Office block occupied by SABIC.**



**After work it is time for meeting with friends.**

few half-timbered houses. The central market square has many restaurants and bars. The City has retained part of its City wall. On the south-eastern side of the City Centre, the St Rosa chapel crowns the Kollenberg Hill.

## **Economy:**



**All above ground structures of coal mine Maurits have been removed.**

Coal mining was a great contributor to the Limburg economy.

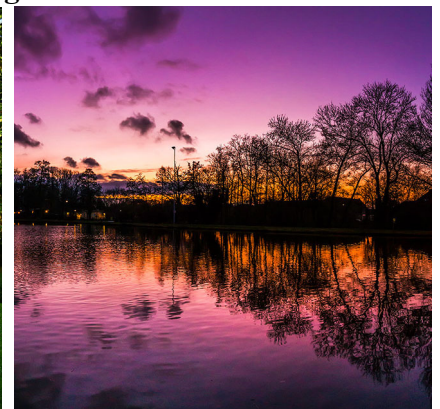
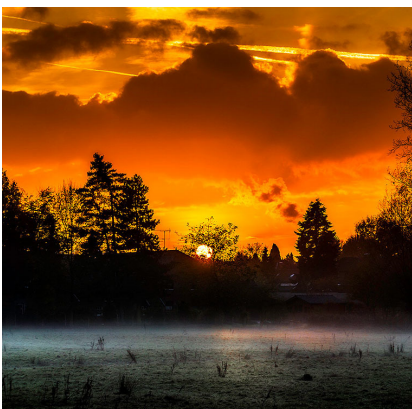
Staatsmijn Maurits was a state-owned coal mine in Geleen-Sittard and construction started in 1915 when a railway line was connected to the Sittard-Maastricht line. In 1916 it was decided to name this 4th State Mine "Maurits", after 17th century Stadtholder Maurice of Nassau, Prince of Orange. The mine started to produce coal in 1926. At the time of completion of the third shaft, the Maurits mine was the largest two-shaft mine in the world. It was also the largest coal mine in the Netherlands. When in the beginning of the 1960s the economic tide for coal mining turned, it was anticipated to close the Maurits as one of the first mines to do so. The mine was finally closed down in 1967. The surface facilities were afterwards demolished. As a result, 60,000 people lost their jobs in the two coal mining areas, Heerlen-Kerkrade-Brunssum and Sittard-Geleen. A difficult period of economic readjustment started.

**Sabic and OCI** are large companies located on the Chemelot campus in Sittard-Geleen, which is bounded by the Chemelot Industrial Park, one of Western Europe's biggest industrial sites.



**Remains of the old City walls.**

**Compiled from the Internet by Pieter Leeftang.**



**The peaceful Sittard "Stadspark" viewed at Sunrise, during Daytime and at Sunset.**



# Codebreaker and Sudoku Puzzles

7	11	26	16	15	18	17		22	1	14	2	11	5	1
11		8		13		12		12		11		8		12
26	21	8	12	13		16	26	9		3	2	16	26	14
14		26		19		16		22		4		26		4
22	2	14	8	12	10	2	O		4	14	26	20	13	17
		12		12		20	W	1	2			10		12
6	26	16	15	8	1			2	21	3	2	21	15	21
26				12		20		19		12				8
21	6	1	12	14	23	2			12	3	8	16	2	17
19		12				2	18	22		2		2		
	20	26	15	24	12	10		1	2	14	15	23	2	13
8		14		15		20		15		26		12		2
16	26	22	12	9		2	20	13		4	26	13	25	2
11		12		12		14		19		16		5		19
21	17	13	2	13	17	3		21	19	12	20	12	14	21

## CODEBREAKER PUZZLE

A **Codebreaker** is a crossword puzzle with no clues! Every letter of the alphabet has been replaced by a number, the same number represents the same letter always.

For this puzzle only the **first two** letters are revealed. Start with entering these letters throughout the puzzle first and then start guessing your first word.

If you are unsure, use a pencil to start, then if it does not work out you can erase and start again.

*The last Codebreaker was pretty hard and you needed to find the unusual word "locale" first.*

*After that you needed "Accept and Carcass", after which you were well on the way to solve it. The solution of the last month's Codebreaker was:*

A=20; B=23; C=5; D=19;  
E=24; F=9; G=18; H=26; I=8;  
J=13; K=12; L=22; M=4;  
N=15; O=21; P=17; Q=16;  
R=7; S=14; T=3; U=1; V=25;  
W=11; X=10; Y=6; Z=2.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

1	2	3	4	5	6	7	8	9	10	11	12	13
	O											
14	15	16	17	18	19	20	21	22	23	24	25	26
						W						

## Sudoku Puzzles

The aim of the Sudoku Puzzle is to insert numbers 1-9 in the each row and column, but each 3x3 box must also contain a complete set of numbers 1-9.

### Sudoku - Easy #14

7	2		9				8	3
	4		7			1		
8	1	5	2		4			
3		8		4				
	9			8		3		
			1			8	5	
			4	2	6			
5		2	3	1				6
6						9	1	

### Sudoku - Moderate #14

5					4			6
			5	7				
2		7						
	9	5		2	1			3
		6	3		8		5	9
	7							4
6				3		8		
8			4	1				5
	5	4	8	6				

### Last month's Easy Sudoku 13 solution

7	3	4	5	8	1	6	9	2
9	5	1	2	6	4	3	7	8
2	6	8	7	9	3	5	1	4
8	9	6	3	1	7	4	2	5
4	1	2	6	5	8	7	3	9
3	7	5	4	2	9	1	8	6
6	2	9	1	3	5	8	4	7
1	8	7	9	4	6	2	5	3
5	4	3	8	7	2	9	6	1

### Last month's Moderate Sudoku 13 solution

1	3	5	9	4	6	2	7	8
2	4	8	7	3	5	9	1	6
6	7	9	8	1	2	3	4	5
3	2	6	1	8	7	4	5	9
7	9	4	2	5	3	6	8	1
5	8	1	4	6	9	7	2	3
8	5	2	3	9	4	1	6	7
9	6	7	5	2	1	8	3	4
4	1	3	6	7	8	5	9	2

# Club Information & Links to Dutch Organisations

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Patron: Hon. Dutch Consul Mr. Arnold J. Stroobach

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### **MAGAZINE EDITOR:**

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### **PROOF READERS:**

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Postal Address: PO Box 200, Wembley WA 6913  
E-mail: neerlandia@dutchclubwa.com  
Website: www.dutchclubwa.com  
Tel: 0437 629 635

## **LINKS TO OTHER DUTCH ORGANISATIONS**

### **CONSULATE OF THE NETHERLANDS IN WA**

Hon. Consul Mr. Arnold J. Stroobach  
Office B, 1139 Hay Street WEST PERTH WA 6005  
Tel: (08) 9486 1579  
Website: www.mfa.nl/can  
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Opening hours: Ring 9486 1579 for details.  
Applications accepted by appointment only.

### **DUTCH COMMUNITY RADIO IN WA 6EBA 95.3 FM**

E-mail: dutchradio@iinet.net.au  
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Details how to become a member and Membership Application Forms can be obtained from our Website:

www.dutchclubwa.com  
Membership application forms can also be asked for by E-mail: neerlandia@dutchclubwa.com

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Neerlandia ensures that the privacy of our members details are maintained and upheld at all times and not disclosed or sold to any other organisation. We are committed to protect your personal information.

## **ANSWA (ASS. NETH. SOCIETIES IN WA)**

Information: Anne Rietveld 9301 1936

### **AUSTRALIAN DUTCH BUSINESS COMMUNITY in WA - (ADBC)**

Contact: 1139 Hay Street West Perth, WA 6005

### **DE NEDERLANDSE SCHOOL IN PERTH "LanguageOne Perth"**

Information: Ms Ionica Lub: 0484 617 487  
Web: www.languageone.nl

### **DE NEDERLANDSTALIGE SPEELGROEP IN COTTESLOE**

Information: Marieke van den Berg  
E-mail: dutchplaygroupperth@hotmail.com  
Website: https://www.facebook.com/pages/Dutch-Playgroup-Perth/210093352389116

### **NEERLANDIA LIBRARY AT THE RHEIN DONAU Club, MYAREE**

Contact: Mies on 9432 6072

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On Tuesday, Wednesday and Saturday from 6.30 -10.30pm; each Sunday from 4.30 - 8.30pm

### **NEERLANDIA CARD CLUB**

Information: Murray Koedyk 9337 6923  
E-mail: koedyk.m.a@amnet.net.au  
RDC Thursday night 19.30 – 23.00

### **WEDNESDAY CARD CLUB**

Information: Freda Hovingh 9448 0240  
RDC WEDNESDAYS 10.00–14.00

### **NEERLANDIA SENIORS' CLUB**

Information: Henk Oorschot 9256 1977  
E-mail: henkoorschott@bigpond.com  
RDC Every second Thursday 10-15.00

### **SUNDAY KLAVERJAS DRIVES**

Information: Gerry Creemers 9356 4207  
RDC. Every 1st Sunday of the month 11.00-3.00

### **NEERLANDIA BINGO**

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RDC. Every second Wednesday 11:00-14.00

### **THE DUTCH SINGERS**

Information: Alida Reitzenstein 041 799 4813  
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Windmills Sports Club. Saturday mornings

### **MAAS AND WAAL BORREL**

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Thursday afternoon, Mandurah from 13:00 uur

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